



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov  
Newsletter printed & mailed by The Friends of The Needham Elderly, Inc.

## Friends Board of Directors

Pat White  
Jay Kaplan  
Jan Dorsey  
*Chairs*

Sylvia Shuman  
*Secretary*

Carol Ditmore  
*Treasurer*

Isabelle Avedikian  
Stephen Cadigan  
Betsy Tedoldi

Jamie Brenner Gutner  
*Ex Officio*

Roma Jean Brown  
*Ex Officio*

## Friends Programs

Jackie Julian-Martin  
*(Trip Coordinator)*

Nancy Wetherell  
Judi Finkle  
*(Boutique)*

## COPING WITH THE HOLIDAY BLUES

**Monday, December 9 • 1:30 - 3:30 p.m.**

The Center at The Heights

What are the holiday blues and who is at risk for experiencing them? This presentation explores the definition causes, symptoms and risk factors associated with seasonal feelings of sadness and loneliness. Strategies for coping with the holidays will be discussed.

Presentation will be facilitated by Judith Chaloux, BSHS/M, the Bereavement Coordinator for Beacon Hospice, an Amedisys company in Framingham, MA.

Please join us!

*There is no charge for this program, but registration is requested.*

*To register, please call 781-455-7555.*

## FINANCIAL EXPLOITATION AND IDENTITY THEFT

**Thursday, December 12 • 1:00 - 3:00 p.m.**

The Center at The Heights

Presentation offered by Sheila Pransky, Coordinator of Senior Programs at District Attorney Michael Morrissey's office. The presentation will focus on current information on scams and how to spot them and how to avoid becoming a victim of identity theft and financial exploitation. Several FTC bulletins will be available to participants with valuable information to help safeguard their identity as well as guidelines for action, should they have a problem. A question and answer period will follow the presentation. All are welcome.

## HEARING SCREENINGS WITH MASS AUDIOLOGY

**Monday, November 21 • 1:30 - 3:00 p.m.**

The Center at The Heights

Are you experiencing difficulty with your hearing? If so, you will be able to schedule a 10-minute appointment and have your hearing checked. The audiologist will screen your hearing with an audiometer. If you already have a hearing aid, the audiologist will check your aid, replace the batteries and answer any questions that you may have. Mass Audiology has been family owned and operated for over 44 years.

*Sign-up is required. For registration call 781-455-7555. There is no fee for this program.*

**SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM**





**COUNCIL  
ON AGING**

Needham

**Council on Aging  
Co-Chairs**

Carol deLemos  
Colleen Schaller

**Staff**

Jamie Brenner Gutner  
Executive Director

LaTanya Steele, BSW  
Social Worker

Barbara Falla, LICSW  
Social Worker

Joan DeFinis, MBA  
Outreach Worker

Penny Gordon, BA  
Volunteer and Transportation  
Program Coordinator

Dorene Nemeth, MBA  
Kathy Worhach  
SHINE

Clif Holbrook  
Building Monitor

Fred Bowen  
Michael O'Toole  
Van Drivers

**Advisory Board  
Members**

Adele Chang  
Ann DerMarderosian  
Jack Donna  
Marjorie Gaultitz  
Rachel Mahar

The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

# SENIOR PROGRAMS

The new home of the Needham Council on Aging, The Center at The Heights, will begin to gradually welcome programs into the building on Monday, November 4, 2013. All registration for programs will take place at The Center at The Heights between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday. Below is some information about classes that we expect to see beginning November 4. Please contact us at 781-455-7555 to confirm program dates and times.

*For the month of November (Monday through Friday) Drop in Pool and Ping Pong*

## MONDAY

### YOGA WITH SANDY

8 WEEK SESSION

9:00 a.m.

Nov 4, 18, 25; Dec. 9, 16, 23, 30, Jan 6

Instructor: Sandi Levi

Cost is \$32

### SENIOR STRENGTH TRAINING

8 WEEK SESSION

10:15 a.m.

Nov. 4, 18, 25; Dec. 2, 9, 16, 23, 30

Instructor: Pearl Pressman

Cost is \$32

### TAI CHI

6 WEEK SESSION

9:00 a.m.

Nov. 18, 25; Dec. 2, 9, 23, 30

Instructor: Scott Brumit

Cost is \$24

### LINE DANCING

8 WEEK SESSION

Noon

Nov. 4, 18, 25; Dec. 2, 9, 16, 23, 30

Cost is \$32

### WEIGHT MANAGEMENT

8 WEEK SESSION

Noon

Nov. 4, 18, 25; Dec. 2, 9, 16, 23, 30

Instructor: Pearl Pressman

Cost is \$32

### ART CLASS

Noon-1:30 p.m.

Nov. 4, 18; Dec. 2, 16

Cost is \$16.00

**Offsite Location:**

Needham Library

### WOMEN'S CRIBBAGE

1:00 p.m. - 3:00 p.m.

## TUESDAY

### DUPLICATE BRIDGE

9:15 a.m. - 11:30 a.m.

### EASY YOGA CLASS

9:15 a.m. - 10:15 a.m.

Nov. 5, 12, 19, 26

*Please note this class's venue has changed.*

*Classes now located at The Center at The Heights.*

### CREATIVE WRITING

Nov. 12, 26

10:00 a.m. - 11:30 a.m.

### CURRENT EVENTS

Nov. 5, 19

10:30 a.m. - Noon

### MEN'S BRIDGE/ WOMEN'S CRIBBAGE

1:00 p.m. - 3:00 p.m.

### ARTHRITIS EXERCISE CLASS

8 WEEK SESSION

2:00 p.m.

Nov. 5, 12, 19, 26; Dec. 3, 10, 17, 31

Instructor: Lisa Cadigan

Cost is \$32

### BALLROOM DANCING

2:00 p.m.

Oct. 29; Nov. 5, 12, 19

### Cha-Cha

Please wear shoes that give support and allow movement on a wood floor – no rubber soles.

*Please register with at The Center at The Heights. Call 781-455-7555.*

**Offsite location:**

Needham YMCA – Aerobics Room  
380 Chestnut Street, Needham

## WEDNESDAY

### KEEP WELL CLINIC

9:00 a.m. - Noon

Nov. 6 and 20

### SENIOR EXERCISE

9:15 a.m.

Will move back to The Center at The Heights Nov. 13 to complete their fall schedule.

### BRIDGE

12:00 p.m. - 3:00 p.m.

### BETTER BALANCE

2:45 p.m. - 3:45 p.m.

Nov. 6, 13, 20, 27; Dec. 4, 11 18

Instructor: Leslie Worris

Cost is \$45

## THURSDAY

### ZUMBA

10:00 a.m.

Nov. 7, 14, 21; Dec. 5, 12, 19

Instructor: Louise Carbone

Cost is \$24

### DUPLICATE BRIDGE

1:00 p.m. - 4:00 p.m.

Starting Nov. 7

### ARTHRITIS EXERCISE

6 WEEK SESSION

2:00 p.m.

Nov. 7, 14, 21; Dec. 5, 12, 19

#### Offsite Location:

The YMCA, 380 Chestnut Street

Cost is \$24

Please register at The Center at The Heights.

## FRIDAY

### SENIOR STRENGTH

6 WEEK SESSION

9:15 a.m.

Nov. 8, 15, 22; Dec. 6, 13, 20

Instructor: Pearl Pressman

Cost is \$24

### QUILTING

10:15 a.m.

### SENIOR EXERCISE

10:30 a.m.

Will move back to The Center at The Heights Nov. 13 to complete their fall schedule.

### MAH JONG/BOARD GAMES

1:00 p.m. - 4:00 p.m.

## SPRINGWELL'S HEALTHY LIVING WORKSHOP DIABETES SELF MANAGEMENT

Tuesdays

November 12th -

December 17th

1:00 p.m. - 3:30 p.m.

The Center at The Heights

300 Hillside Avenue

Needham Heights, MA 02494

If living with diabetes is preventing you from really living, this 6-week workshop is for you! This workshop is for people with diabetes, pre-diabetes, or for people living with or caring for someone with diabetes. You will learn how to care for yourself and to prevent or delay the complications of diabetes. The emphasis is on healthy eating, meal planning, and physical exercise. Other topics include blood sugar monitoring, dealing with low blood sugar, foot care, relaxation techniques, keeping track of medications, and planning for the future. You will learn how to communicate better with your doctor, family and friends, and how to deal with difficult emotions, stress, and depression. Participants will receive a copy of the book *Living a Healthy Life with Chronic Conditions*.

*Sign-up is required.*

*For registration call 781-455-7555.*

## WOULD YOU BE INTERESTED... ...IN A SENIOR-FRIENDLY SELF DEFENSE PROGRAM?

If interested, give us a call at 781-455-7555 and let our receptionist know!

## THE SPRINGWELL LUNCH

Lunch will be served at  
11:45

The Center at The Heights  
300 Hillside Ave

Needham, MA 02494

To make a reservation please call 781-455-7555 by 11:00 a.m. the previous day or register in person with the dining site staff.

## THE KEEP WELL CLINICS

Staffed by nurses from  
The VNA

Care Network, Inc.

Wednesday,

November 6 and 20

9:00 a.m. - Noon

The Center at The Heights

300 Hillside Ave

Needham, MA 02494

## TRIP TO FOXWOODS CASINO

Wednesday, November 20

Cost per person is \$25.00.

Sign-up is required.

Please call the Trip Desk at 781-455-7555 ext. 209.

Full payment is due upon reservation. Checks should be made out to F.O.N.E.

## FREE LEGAL ASSISTANCE

Boston College Elder  
Law Project

Friday, November 22

1:00 p.m. - 3:00 p.m.

The Center at The Heights

To make your appointment,  
call 781-455-7555.

## **Veterans Taxi**

**Brand New Vehicles,  
Now with Hybrid Options!**  
Senior Discounts Available

**781-235-1600**

www.veteranstaxi.com

## **CR Louise Condon Realty, Inc.**

"Needham's Home Town Brokers"™

**781-449-6292**

399 Chestnut Street • Needham, MA 02492 • www.condonrealty.com



**BRIARWOOD HEALTHCARE  
& REHABILITATION CENTER**  
AT 150 LINCOLN STREET

◆ An Eden Alternative Registered Home

◆ Family Owned and Operated   ◆ Secured Alzheimer's Program

◆ Short Term Rehabilitation   ◆ Long Term Care

**781-449-4040**

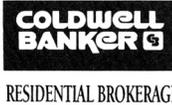


**Martha M. McMahon, ABR, SRES®**  
Seniors Real Estate Specialist

**781-343-4058**

**martha.mcmahon@nemoves.com**

*One Chapel Street  
Needham, MA 02492*



**KEEP YOUR LIFE SAVINGS  
SAFE FOR LIFE.**

**Needham Bank**

YOUR FUTURE. OUR FOCUS.

MEMBER FDIC  
MEMBER SIF



**NEEDHAMBANK.COM 781-444-2100**

**George J. Doherty & Sons  
Funeral Home**

*Family Owned and Operated*

*Pre-Need Planning*

1305 Highland Ave. • Needham, MA

781-444-0687

For more information: [www.gfdoherty.com](http://www.gfdoherty.com)

### **Council on Aging Board Members**

Carol deLemos

Colleen Schaller

*Co-Chairs*

Roma Jean Brown

Scott Brightman

Ed Cosgrove

Phyllis Fanger

Dan Goldberg

Susanne Hughes

Eilene Kleiman

Andrea Rae

Lianne Relich

Mary Elizabeth Weadock

**VISIT US ONLINE AT:  
[www.needhamma.gov](http://www.needhamma.gov)**

Read this newsletter in your choice of easy-to-read formats.

**FRIENDS OF  
THE NEEDHAM ELDERLY, INC.**

300 Hillside Avenue  
Needham Heights, MA 02494

RETURN SERVICE REQUESTED

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
BOSTON, MA  
PERMIT #54486